

(Free) Overcome Your Fear of Flying

## Overcome Your Fear of Flying

*Timothy Campbell*

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**Timothy Campbell : Overcome Your Fear of Flying** before purchasing it in order to gage whether or not it would be worth my time, and all praised Overcome Your Fear of Flying:

Are you afraid to fly? The author of "Overcome Your Fear of Flying" used to be utterly terrified of flying. Then one day something came up that virtually forced him to take a several one hour flights. He had 14 days to think up some way to deal with the panic he felt when flying. Fortunately for him, he succeeded in designing a simple system that greatly reduced his fear on the first flight. On the next two flights his fear was even further lessened, and by the fourth flight he was actually enjoying himself. What's the secret? It's actually quite simple, and you'll be able to learn the basic technique in about an hour. "Overcome Your Fear of Flying" shows you how to "pre-process" your fear so that you have a good set of defenses when you go on your next flight. It does not require or advocate the use of any drugs. It is not merely a list of "happy thoughts". Rather, the book explains the nature of your fear and helps you to face it in a rational and methodical manner.